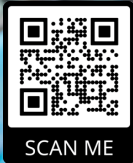




HOW PHYSICAL THERAPY CAN HELP YOU
**AVOID OPIOIDS AFTER AN
AUTOMOBILE ACCIDENT**

www.TherapyWestPT.com



Has your pain come back? We would love to help!
Give us a call or visit www.TherapyWestPT.com today!

How Physical Therapy Can Help You Avoid Opioids After an Automobile Accident

Are you tired of being told that medication is your only option? Have you been looking for a more holistic approach to your injuries? At Therapy West Physical Therapy, our physical therapists can guide you to solutions without using strong medications.

If you have recently been in a car accident, you know how frightening it can be. Automobile accidents can result in injuries ranging from mild aches and pains to severe whiplash.

In many cases, you may be prescribed strong medications, including opioids, as a way to ease your pain during your recovery process. Unfortunately, opioids are highly addictive and contain undesirable side effects.

It is also estimated that millions of Americans misuse the pain-management drugs they're prescribed when recovering from an injury – such as those sustained during car accidents. According to the CDC, overdose deaths involving prescription opioids more than quadrupled from 1999 to 2019.

Fortunately, physical therapy is a much safer and more effective pain-management solution. Physical therapy can help in your recovery from an automobile accident by reducing pain and inflammation, in addition to restoring your range of motion.

Our team is here to help you recover from the injuries you sustained in your car accident. [Contact Therapy West Physical Therapy today to schedule an appointment and get back on track to leading a life you live, free of pain.](#)



The Dangers Of Using Opioids

It is important to note that opioids and over-the-counter drugs are very different. For the most part, Advil, Tylenol, and ibuprofen are safe to use in moderation if you are trying to find immediate relief when recovering from your car accident. There aren't many significant health risks when people turn to over-the-counter medications to help ease the pain.

Opioids are one of the most commonly used medications for pain management. Their use for acute or terminal pain is well accepted, but their role and benefit for chronic, non-cancer related pain are controversial. But for a more serious injury, you may have sustained during an accident, prescription-strength medications may be issued.

One of the primary reasons for the controversy is the well-known psychological addiction that can occur from using these medications. Opioids are highly addictive and are the most commonly abused prescription medication.

More than 2 million people in the United States become addicted to pain medication every year, many of the medicines being opioids. Opioids are a highly dangerous class of substances, and the risks of opioids often outweigh the rewards. The more severe side effects of opioids include depression, overdose, and addiction. The withdrawal symptoms when stopping opioid use are also a serious problem that can be avoided by not getting started on them in the first place.

You don't need to have a history of addiction to become dependent on opioids. Many people who become addicted have never had any issues with drug dependency in the past. Fortunately, physical therapy can help provide the same pain relief in a much safer, healthier, and natural way.

Book An Appointment Today!

How Physical Therapy Can Help

If you were injured in a car accident, physical therapy is a form of treatment that will help in both easing your pain and helping your body heal. Unlike opioids, physical therapy aims to provide long-term relief instead of short-term. Physical therapy goes beyond pain relief and works to improve your body's overall function by getting to the root of the problem.

Sustaining a crash-related injury may hinder your ability to stand, walk, run, work, and move altogether. Physical therapists treat pain through movement and teaming up with you to improve or maintain your mobility and quality of life. We will address these areas of function at your initial appointment and throughout the entirety of your treatment plan.

The main goal of any physical therapy program is to relieve pain and get you back to your optimum levels of physical function. Your typical treatment plans will incorporate a series of treatments based on the nature of your condition, aimed at providing relief and recovery.

Depending on your injuries and pain, our treatments are focused on reducing pain. This may include any combination of targeted exercises and stretches, manual therapy, ice and heat therapies, ultrasound, or electrical stimulation.

Your treatment plan will also address strength, flexibility, and overall mobility to facilitate functional gains that allow the return to daily activities and recreational and work activities.



Call Today To Set Up An Appointment

If you've been in a car accident, Therapy West Physical Therapy is here for you. Our advanced holistic methods will help you recover the right way – without harmful risks. **We'll be your support system during every step of your treatment plan. Contact us today.**

Source:

<https://www.cdc.gov/drugoverdose/deaths/prescription/overview.html>

https://journals.lww.com/painrpts/fulltext/2020/10000/physical_therapy_and_opioid_use_for.12.aspx

<https://pubmed.ncbi.nlm.nih.gov/18443635/>

Feel Better By Eating Better! Heart Healthy Hummus

- 2 cans (16 oz each) reduced-sodium chickpeas, rinsed & drained except for 1/4 cup liquid
- 1 tbsp extra-virgin olive oil
- 1/4 cup lemon juice
- 2 garlic cloves, minced
- 1/4 tsp cracked black pepper
- 1/4 tsp paprika
- 3 tbsp tahini (sesame paste)
- 2 tbsp chopped Italian flat-leaf parsley

Using a blender or food processor, puree the chickpeas. Add the olive oil, lemon juice, garlic, pepper, paprika, tahini and parsley. Blend well. Add the reserved liquid, 1 tablespoon at a time, until the mixture has the consistency of a thick spread. Serve immediately or cover and refrigerate until ready to serve.

Source: <https://www.mayoclinic.org/healthy-lifestyle/recipes/hummus/rfp-20049675>



Get Your Life Back with Therapy West

Make an appointment today to start living your life again, pain-free!

Gunnison

435.528.7575

Ephraim

435.283.6334

Mount Pleasant

435.462.0178

Richfield

435.896.4282

Bicknell

435.425.3719



7 Tips For Better Heart Health!



1. Aim For Lucky Number Seven.

Young and middle-age adults who sleep 7 hours a night have less calcium in their arteries (an early sign of heart disease) than those who sleep 5 hours or less or those who sleep 9 hours or more.

2. Keep The Pressure Off.

Get your blood pressure checked every 3-5 years if you're 18-39. If you're 40 or older, or if you have high blood pressure, check it every year.

3. Move More.

To keep it simple, you can aim for 30 minutes a day, 5 days a week of moderate exercise. Even if you exercise for 30 minutes a day, being sedentary for the other 23 1/2 hours is really bad for your heart.

4. Slash Saturated Fats.

To help your heart's arteries, cut down on saturated fats, which are mainly found in meat and full-fat dairy products. Choose leaner cuts and reduced-fat options.

5. Find Out If You Have Diabetes.

Millions of people don't know that they have this condition. That's risky because over time, high blood sugar damages arteries and makes heart disease more likely.

6. Think Beyond The Scale.

Ask your doctor if your weight is OK. If you have some pounds to lose, you'll probably want to change your eating habits and be more active.

7. Clean Up.

Your heart works best when it runs on clean fuel. That means lots of whole, plant-based foods (like fruits, vegetables, nuts, and seeds) and fewer refined or processed foods (like white bread, pasta, crackers, and cookies).



Exercise of the Month Scalene Stretch



Place your hands overlapping on your breast bone. Next, tilt your head upwards and away from the affected side until a gentle stretch is felt along the front and side of your neck.

If pain increases with this exercise, stop and consult with your physical therapist on possible modifications that need to be made.



Come back and see us!

Are you struggling with pain that won't go away? We want to help! Call us or visit www.TherapyWestPT.com to schedule your consultation today!